

CHOICE and CONSEQUENCE TOOL

What choices lead to the best CONSEQUENCE when I feel powerless, defenseless, sad, bitter or rageful?

To find out more about myself and my CONSEQUENCES... I can choose to honestly answer the questions below.

When I have answered the questions, I can choose to compare the answers down the CONSEQUENCE column.

I deserve to feel safe and calm. I can choose to be safe and calm.

| WHAT HAPPENS TO _____... | WHEN I CHOOSE TO _____? | CONSEQUENCE |
|----------------------------------|---|-------------|
| What happens to my SAFETY... | ...when I choose to <u>attack, myself</u> ? | |
| What happens to my SELF IMAGE... | | |
| What happens to my MOOD... | | |
| What happens to my BEHAVIOR... | | |
| What happens to OTHERS... | | |
| What happens to my SAFETY... | ...when I choose to <u>attack you</u> ? | |
| What happens to my SELF IMAGE... | | |
| What happens to my MOOD... | | |
| What happens to my BEHAVIOR... | | |
| What happens to OTHERS... | | |
| What happens to my SAFETY... | ...when I choose to allow myself to continue to feel defenseless or powerless <u>without improving my self-care</u> ? | |
| What happens to my SELF IMAGE... | | |
| What happens to my MOOD... | | |
| What happens to my BEHAVIOR... | | |
| What happens to OTHERS... | | |
| What happens to my SAFETY... | ...when I choose to leave the unsafe or uncomfortable situation <u>without improving my self care</u> ? | |
| What happens to my SELF IMAGE... | | |
| What happens to my MOOD... | | |
| What happens to my BEHAVIOR... | | |
| What happens to OTHERS... | | |
| What happens to my SAFETY... | ...when I choose to <u>leave</u> the unsafe or uncomfortable situation and then I choose to focus on some <u>thing</u> or <u>idea</u> or <u>activity</u> that <u>I know will be safe</u> so I might feel more calm. | |
| What happens to my SELF IMAGE... | | |
| What happens to my MOOD... | | |
| What happens to my BEHAVIOR... | | |
| What happens to OTHERS... | | |

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